



## Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

*Minimum requirements are based on age, gender and achievement number.*

Cadet Name:		Date:	
Current Grade:		President's Challenge: 50th percentile	

Phase II - Indicate Achievement: <input type="checkbox"/> 7. Goddard <input type="checkbox"/> 8. Armstrong <input type="checkbox"/> <b>Milestone:</b> Mitchell Award													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	26	26	28	30	30	34	30	31	33	36	34	35
	P. 24 Curl Ups (60 sec)	40	42	45	45	45	44	35	37	37	36	35	34
	P.25 Push Ups (1 every 3 seconds)	18	24	24	30	30	37	11	11	11	15	12	16
	P. 26 (30 feet) Shuttle Run (seconds)	10.6	10.2	9.9	9.7	9.4	9.4	11.3	11.1	11.2	11.0	10.9	11.0
	P. 27 Mile Run (Minutes)	8:40	8:06	7:44	7:30	7:10	7:04	11:05	10:23	10:06	9:58	10:31	10:22

Indicate: ☐ Pass   ☐ Needs to Retest   CPFT Testing Officer: